Source: https://www.industrydocuments.ucsf.edu/docs/tkjl0000

Want to Quit?

According to the American Lung Association, 90 percent of sm would like to quit, and a great many of those have tried to quit least once. There are lots of good reasons to quit:

- Within a few weeks after you quit smoking, you circulation im proves, and you are able to smell and taste more.
- Within one year, your risk of lung cancer begins to decrease.
- Nonsmokers often pay less for disability insurance, automobile cident policies and homeowners' policies.

There are no good reasons not to quit:

- Only about one-third of smokers gain weight when they give u cigarettes. And one-third actually lose weight by combining a fitness program with their efforts to quit.

Make It Easy

P.A.T.C.H.

Quit and Win Agin' • P.O. Box 887 • Abbeville, S.C. 29620

Make it easy on yourself—you don't have to go it alone. Studies have found that smokers who complete a "stop smoking" program are much more likely to be successful in giving up cigarettes than those who try to quit on their own.

A smoking cessation program, Fresh Start, will be offered by the American Cancer Society at Abbeville County Memorial Hospital. Each meeting will be held on Tuesday nights during January at 7:00. For more information, contact the American Cancer Society at 225-4136.

It's A Smart Mov To Quit-

Giving up cigarettes won't be eas But it might just be the smartest you'll ever make.

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Plan to Succeed

You're more likely to be a successful quitter if you plan ahead. Ask yourself why you smoke and why you want to quit. Write down your reasons and keep the list on your cigarettes or lighter. When are the times you smoke most? Find something to take the place of the smoking habit, especially for those times.

If you need help giving up cigarettes, you're not alone. Ask for help from your spouse and friends. Sign up for a smoking cessation course. Picture yourself feeling happy, energetic, and healthy.

Try Using These Tips

Many ex-smokers have found that extra incentives, rewards, and treats helped them break the cigarette habit. Try these tips to help lessen the urge to smoke:

- Drink lots of liquids. Six to eight glasses a day will help cleanse your body of nicotine. Choose water, herbal teas, fruit juices and caffeine-free soft drinks. Avoid coffee, caffeinated soft drinks and alcohol—they can increase your craving for cigarettes.

- Look for the triggers that make you want to smoke. Change your habits when they include smoking. Sit in the non-smoking area of restaurants. Don't hang around the smoking area during breaks at work.

- Get rid of visible reminders of smoking. Throw out all cigarettes. Clean your ashtrays in your home and office and put them out of sight. Hide all matches and lighters.

Pamper Yourself

- Keep your hands busy to get your mind off cigarettes. Work on a crossword puzzle, balance your checkbook, fix something around the house, shampoo the dog.

- Reward yourself with tasty substitutes instead of cigarettes. Good low-calorie choices are sugarless gum, lemon drops, unbuttered popcorn and carrot sticks.

- Eat three or more small meals to maintain constant blood sugar levels. Begin to enjoy the full taste of food again. Cut back on sweet or spicy foods—they can trigger a desire for cigarettes.

- Exercise to help relieve tension. Park your car farther away than usual, then walk the rest of the way. Climb the stairs instead of using the elevator. Take up tennis, golf or bowling.

- Get outside whenever possible. Take deep breaths—enjoy inhaling the clean, fresh air instead of cigarettes' poisons.

Here's to Success!

P.A.T.C.H.

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IT'S SIN PLE

Stop smoking for one month and you will be eligible to win one of the prizes.

YOU MUST:

- Register before January 1st, 1990
- Not smoke for the entire month
- Select a verifier

QUIT & WIN AGIN'

IS SPONSORED BY

P.A.T.C.H.

(Planned Approach Towards Community Health)

Fresh Start With Fresh Air"

"Clean Up Your Lungs"

top . . .
In the Name
f Love"

Quit & Win Agin'

"Caring is Not Enough . . ."
Quitting Is!"

1 More Ways Than One
Be a Winner For Yourself"

"A New Day, Every Day, For Them
You'll Find a Way"

A Special Thank You

To all the participating merchants and local businesses that have shown their con-n and given **you** a chance to be a winner.

MURPHY'S JEWELER

ENBERG'S ANTIQUES

ABBEVILLE MEMORIAL HOSPITAL

BELMONT INN

DENDY CORNER CAFE

AMERICAN CANCER SOCIETY

CALHOUN FALLS MEDICAL CLINIC

CLEMSON EXTENSION SERVICE

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QUIT & WIN AGIN'

January Smokeout

REGISTRATION FORM

Name _____

Mailing Address _____

_____

Phone No. _____

Age _____ Sex _____

Length of Time Smoking _____

Amount Per Day _____

Verifier _____
(Name)

PLEDGE . . . I am a smoker. I will quit smoking January 1st, 1990, and will remain smoke-free throughout the month. I will select a verifier who will support me in my attempts. By cleaning out my lungs, I am eligible for the prizes and to attend the celebration.

_____
(Signed)

Return this form to:

Quit and Win
P.O. Box 887
Abbeville, S.C. 29620

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QUIT & WIN AGIN'

January Smokeout

RULES

1) Only current smokers, or those who have quit since the Great American Smokeout on November 16, 1989, are eligible.
2) Current smokers agree to stop smoking January 1st, 1990, and remain smoke-free thru January 31st, 1990.
3) NO EXCEPTIONS. NO SMOKING.
4) A verifier must complete the accompanying form thereby making the pledger eligible for the drawing of prizes.
5) Anyone close to the pledger may be selected as a verifier.

THE DRAWING

Selection of winners from among eligible registrants will be held February 2, 1990 at a Celebration Party to be held at the Belmont Inn. Make your plans now to participate in Quit and Win Agin' and attend the Celebration Party.

Registration must be returned by January 1st, 1990.

QUIT & WIN AGIN'

January Smokeout

VERIFIER

The verifier is responsible for confirming the non-smoking habits of the below named individual. This form must be su' 'itted by February 1, 1990.

_____
(Name of Participant)

_____
(Verifier)

_____

Address _____

Phone No. _____

I hereby confirm that to the best of my knowledge the above named particip[illegible]as not smoked tobacco products during the month of January, 1990.

_____
(Signed)

_____
(Date)

Return this form to:

Quit and Win Agin'
P.O. Box 887
Abbeville, S.C. 29620

Source: https://www.industrydocuments.ucsf.edu/docs/tkjl0000